



Over The Hill Track Club

Athletes of all ages setting the pace!

www.othtc.org

Volume 3, Issue 3

May 2004

President's Message...

Hello, there are so many to thank, so I will state, "Thank you ALL, club members, for your support with officiating, working registration, and planning with the 23rd Annual North Coast Invitational!!!" We would not be successful if YOU were not there to assist. Thanks to the weather gods who kept the day sunny and dry, despite flooding rains everywhere. Seventy-five athletes from six states competed, and a meet relay record was broken. Results are attached.

***** If you are competing in the Silver Anniversary 25th Cleveland Track Classic on July 3rd at Cleveland Heights HS, we will also need you for registration and officiating (when you are not competing). The Cleveland Track Classic is pre-registration only. The deadline for entry is Wednesday June 30, 2004.**

Upcoming summer meets include: Lake Metroparks Seniors (Kirtland HS) 6/5, Hall of Fame Seniors (Malone College) 6/12, Grand Ledge (MI) mini-meets 6/16, Lake Erie USATF (Cleveland Heights HS) 6/19, USATF Michigan 6/19, Ontario Masters Championships 6/19, Three Rivers USATF (Slippery Rock) 6/27, Ohio Senior Olympics (Akron) 7/12-13, Dayton Masters 7/17. The Outdoor Nationals will be held in Decatur, IL, August 5 – 8, 2004. The North and Central American and Caribbean Championships will be held August 27 – 29, 2004 in Dorado, Puerto Rico. Entry forms and information to five of these meets are enclosed.

In This Issue

- *Cleveland Classic Entry Form*
- *Michigan USATF Entry Form*
- *Ontario Masters Entry Form*
- *Grand Ledge Mini- Meet Schedule*
- *NCCWMA Regional Entry Form*

Congrats: Susan Stephenson who won three USA Indoor National Titles. She won Gold in the Long Jump, Triple Jump, and Pentathlon. She also won two Bronzes in the 60m Hurdles and 400m Dash. Other national achievements include Ben James's Silver in the 400m, Barry Kline's Silver in the High Jump and 4th in the 60m Hurdles, Chip Johnson's Bronze in the Long Jump, and Bob Walters's 6th in the 60m Dash.

Notables: Ben James ran on the winning 4x400m relay at the Penn Relays. Monica Thornton competed in her first international meet – Ontario Masters Indoors and won the Shot-Put and Long Jump. John Means won the 55m, 200m, and 400m Dashes at the Harrison Cultural Meet in Oberlin, OH. Essie Kea performed extremely well at the USATF Southeast Regionals in North Carolina in the 100m, 200m dashes, and the High Jump.

Help: Coach Claude Holland is looking for officials for the World Youth Track and Field Championships which is to be held at John Carroll University, at the end of July and beginning of August.

There are team members who have not renewed their annual memberships. Yearly membership is \$20 for individuals and \$30 for families. Yearly Reimbursements for Regional, National, WMA North and Central American and Caribbean, and / or WMA World Championships will be distributed once only (\$25 per year). Please contact Jeff Gerson.

Forward your meet results: maniccial@ameritech.net www.othtc.org , or e-mail thorntonm@michigan.gov, wilsonr6@michigan.gov.

Welcome to all New Club Members. Call your age-group coordinators; let them know that you're here!!!

**Please Plan on attending and officiating the
2004 Cleveland Track Classic (25th year)
Silver Anniversary!!!!**

We wish Derek Gainey and Jeff Gerson to be well.

Send your **meet results** to Larry Maniccia at maniccial@ameritech.net so they can be published on the www.othtc.org website!

Membership Drive Program

Any current member that signs up three new club members will have their membership dues reimbursed. (NOTE: A current member is fully paid for the year, and a new member excludes former club members from the past three years.)

E-Mail

Be sure to send your e-mail to Larry Maniccia via maniccial@ameritech.net or www.othtc.org

SECOND SOLE NEWS: Jeff Fisher and Clark Turner, Lyndhurst; 5114 Mayfield Road (44124), 440-449-8508

As a club member, you regularly get 15% discount on all items. 20% discount on all Nike Zoom products.

RESULTS:

Debbie Yurth-Thomas (W40): Harrison Cultural, 55m - 1st

Monica Thornton (W40): Harrison Cultural LJ - 1st, SP - 1st

Susan Stephenson (W40): Harrison Cultural, HJ - 1st, Ohio USATF, LJ - 1st, HJ - 1st, 400m - 1st

Essie Kea (W65): Harrison Cultural, SP - 1st

Dorothy Wilson (W75): Harrison Cultural, SP - 1st

Derek Gainey (M35): Slippery Rock, 55m - 2nd

Steve Bunn (M35): Ohio USATF, 55m - 1st

Bob Walters (M35): Slippery Rock All Comers, 55m - 1st, Harrison Cultural, 55m - 1st

Chip Johnson (M40) Ohio USATF, LJ - 1st

Ben James (M45): Syracuse All Comers, 55m - 1st

Lawrence Finley (M45): Harrison Cult., 55m - 1st, OH USATF, 55m - 1st

Frank Makozy (M45): Slippery Rock All Comers, PV - 1st

Bob Thomas (M45): Harrison Cultural, 800m - 1st; 1500m - 1st

Rodney Wilson (M45): USATF Michigan, 55m - 3rd, Slippery Rock PA All Comers, 55m - 1st; Harrison Cultural, 55m - 2nd; Ohio USATF, 55m - 3rd; Ontario Masters Indoors, 60m - 3rd; USATF Minnesota, 60m - 3rd; USATF Maine, 55m - 1st

Officers

President	Rodney Wilson
VP Programs	Essie Kea
VP Publicity	Bob Walters
VP Communications - web	Larry Maniccia
VP Communications - news	Monica Thornton
Secretary	Rex Harvey
Treasurer	Jeff Gerson
Historian and Records	Lawrence Finley

Coordinators

Women (all)	Essie Kea	216.383.1511
Men (open)	Larry Maniccia	440.237.6714
Men 30-39	Bob Walters	440.526.5635
Men 40-49	Bob Thomas	440.899.3599
Men 50-59	Jeff Gerson	440.473.0636
Men 60-69	Grover Coats	216.464.3865
Men 70+	Everett Poe	216.991.8524
Seniors	Chuck Wiedman	440.838.8362
Weight Events	John Sloan	330.877.9197
Multi Events	Rex Harvey	440.954.8122
Out-of-State	Lawrence Finley	859.236.2042
	Rodney Wilson	517.646.8742 (h)
		517.241.4007 (w)
Race Walking	Joyce Prohaska	216.521.7966
	Gunter Sprockhoff	440.582.0144
Road Racing	Joanne Siegel	216.397.0260
T/F Consultant	Paul Williams	440.605.1811
	Norman Thomas	330.425.8219



www.othtc.org

Presents

THE CLEVELAND TRACK CLASSIC

Saturday, July 3rd, 2004

USATF Sanctioned, USATF rules apply.

Pre-registration only – deadline 6/30/2004. NO ON-SITE REGISTRATIONS.

Order of Events: Field events start at 8:30 Track events start at 9:30
Women followed by men / Oldest to Youngest

Field event athletes are requested to bring their own implements, as the meet does not supply them.

PLACE: Cleveland Heights High School, 13263 Cedar Rd, (Corner of Cedar & Lee), Cleveland Heights, Ohio.
Parking lot entrance is located on Washington Boulevard behind the school.

ENTRY FEES: \$5 per event, \$10 per relay.
Make checks payable to **OVER THE HILL TRACK CLUB.**
Entry fees must accompany entry forms. Pre-registration is required. No refunds!!

MAIL TO: **OVER THE HILL TRACK CLUB**
Attn: Dr. Rodney C. Wilson
4031 West Jolly Road, Apt. 31
Lansing MI, 48911

DIVISIONS: USATF age brackets.

ORDER OF EVENTS:	9:30am 3000m	8:30 am - Hammer (18 and up)
	Short Hurdles	
	4 x 100m Relay	
	800m	Shot Put
	100m	High Jump
	3000m race walk	Pole Vault
	60m	Long Jump
	300m Hurdles	
	400m	Triple Jump
	1500m	Discus (14 and up)
	200m	Javelin
	Sprint Medley Relay (100-100-200-400)	

AWARDS: Medals for 1st-2nd-3rd

CONTACTS:	Jeff Gerson	440-473-0636	Rex Harvey	440-954-8122
	Norman Thomas	330-425-8219	Dr. Rodney Wilson	517-646-8742

NEXT MEET: Cross Country Classic

NAME _____ AGE _____ B'DAY _____ SEX _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE:(_____) _____ CLUB AFFILIATION _____

EVENTS _____

In consideration of your acceptance of this entry form, I hereby for myself, my heirs, executors, and assigns, waive any and all claims for damages, which I might have against the USATF, Lake Erie Assoc. USATF, Over the hill Track Club, and the Cleveland Heights School District, their agents, representatives or assigns, for any and all damages or injuries suffered by me at said meet. I also certify that I am healthy and sufficiently trained to complete in this meet.

SIGNATURE (By athlete or coach /parent for minor athlete): _____

GRAND LEDGE SUMMER RECREATION TRACK & FIELD SCHEDULE 2004

(Conducted in Grand Ledge)

Practices and meets start promptly at 6:15 p.m. running events start at 7:00. Ribbon meet awards will be given to places 1-5 in the following male and female divisions; grades are as of SPRING 2004.

Grades: (K - 2nd) (3rd- 4th) (5th- 6th) (7th- 8th) (9th-12th) **Adults ages** (18 -29) (30 - 39) (40 +)

Monday practices and Wednesday meets are open to the citizens of Grand Ledge and the public in general. Residents of the city of Grand Ledge must pay a one-time participation fee of \$25.00, Non-resident's fee is \$35.00. Fees cover the entire cost of the program, including the Wednesday July 21st medal meet, of which all other athletes will pay a separate entry fee .

The Track facilities are located at **Grand Ledge, Beagle Middle School**. To get there, take W. Saginaw to Jenne St. turn right then go ½ mile to South St, turn left (west), and follow South St to school on the left.

If wearing spikes, please use 1/8" or shorter spikes. Longer spikes damage the track surface and will not be allowed. If you have any questions, please call. Jeff Crowe 1-517-627-9076 or crowe387@yahoo.com

Practice sessions on Mondays 6:15 - 8:00 p.m.: 6/14, 6/21, 6/28, 7/12, 7/19, 7/26

June 16: **Track Meet**, 6:15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; 3200 m. Run, 55 dash, 400 dash, **Parent & Athlete1 lap walk**, 800m. Relay, Prediction Mile, 100 Dash, 1600 relay.

June 23: **Ribbon Track Meet**, 6:15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; 3200 m run, (55,100 & 110 Hurdles), 70 Dash, **Cross Country Mile**, 400 m. Relay, 400 Dash, 3200 m. Relay

June 30: **Track Meet**, 6:15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; 3200m Run, 200m Dash, Prediction Mile, 70 dash, (200 & 300 Hurdles), 800 Run, 100 m. Dash, 1600 m. Relay

July 7: **Ribbon Track Meet**, 6:15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; 3000m Run, 200 Dash, (55,100 & 110 Hurdles), Prediction Mile, 100 Dash, 800 m. Run, (200 & 300 Hurdles), 1600 m. Relay

July 14: **Track Meet**, 6:15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; **RELAY NIGHT** Distance Medley Relay (800/400/1200/1600), 800 m. Relay, **Parent & Athlete1 lap walk**, Comet Relay (200/100/100/400), 3200 m. Relay, 400 m. Relay, 1600 m. Relay

July 21: (Wednesday) **31st ANNUAL SUMMER RECREATION TRACK & FIELD MEDAL MEET.**

Field events will start at 6:15 p.m., running events will begin at 7:00 p.m., all events are timed finals. Medals will be awarded to the top 3 in each event and top 2 in relay events. There will be eight divisions of competition for both male and female. grades are as of SPRING 2004.

Grades: (K-2nd) (3rd- 4th) (5th-6th) (7th-8th) (9th-12th) **Adults ages** (18 -29) (30 - 39) (40 +)

Entry fee will be \$7.00 for early entries; entries received after July 14 will be \$10.00. Fee will cover the cost of 4 events which is the maximum allowed, including relays.

For more info contact: Jeff Crowe at 1-517-627-9076 or e-mail crowe387@yahoo.com

July 28: **Ribbon Track Meet**, 6.15 p.m.: Long Jump, High Jump, Pole Vault**, Discus, Shot Put; 1500 m. Run, 55, 100 & 110 Hurdles, 70 Dash, 1600 m. Relay, **Parent & Athlete 1 lap walk**, **Cross Country Mile**, 100 m Dash, 400 m. Dash, 800 m. Relay

(**Pole Vault will be conducted only if qualified officials are available)



**2004 New Balance USATF Michigan
Open and Masters
Outdoor Track & Field Championships**
(including a special High School division)



Calvin College, Grand Rapids
Saturday, June 19, 2004 at 12 p.m.

Hosted by: West Shore Athletic Club & Gazelle Sports



PRE-ENTRIES:

\$12 for the first event; \$5 for each thereafter; \$20 per relay.
Deadline: Postmarked by Tuesday, June 15, 2004

CHECKS PAYABLE TO: AMG

MAIL ENTRIES TO:

West Shore Athletic Club
PO Box 303
Grand Haven, MI 49417

POST ENTRIES:

\$15/\$7; \$24 per relay

AGE GROUPS:

High school competition from 14-18,
OPEN competition from 16 years of age,
MASTERS competition in 5-year age groups starting at 30-34
through 80-84+ as needed

AWARDS:

Medals to top 3 Michigan and top three Non-Michigan athletes
in each age group of each event (THREE MEDALS MAXIMUM)

TRACK EVENTS:

5000m walk
5000m run
EVENTS 400/300 hurdles
START 100 meters
AT 1500 meters
NOON 400 meters
High Hurdles
800 meters
200 meters
Relays: 4x100; 4x200; 4x400; 4x800

FIELD EVENTS:

Shot Put
Hammer
Discus
Weight Throw
EVENTS 56-lb Weight Throw
START Javelin
AT Long Jump
NOON Triple Jump
Pole Vault
High Jump

INFORMATION: (616) 844-1768 or WestShoreAC@yahoo.com

Enter me in the following events:

(Note: Please include best recent marks)

ENTRY FEE

T-SHIRT SIZE L XL XXL

(Circle one) ___ Additional shirts @ \$10 ea.

TOTAL ENCLOSED

\$ _____

\$ **FREE!** _____

\$ _____

\$ _____

(Check or money order **ONLY** made out to AMG)

Mail to: West Shore AC, PO Box 303, Grand Haven, MI 49417

1. _____ / _____ 2. _____ / _____ 3. _____ / _____ 4. _____ / _____ 5. _____ / _____ 6. _____ / _____
event/seed time event/seed time event/seed time event/seed time event/seed time event/seed time

LAST NAME FIRST NAME



M



F

_____/_____/_____
Birth Date

Age

STREET ADDRESS (w/Apt. No)

2004 USATF Number (required)

Area Code Phone

CITY

State

Zip

EXACT Name of USATF Club (if applicable)

RELEASE: IN CONSIDERATION FOR MY BEING ACCEPTED, I, INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND DISCHARGE ANY AND ALL RIGHTS, CLAIMS AND DAMAGES WHICH I HAVE OR WHICH MAY ACCRUE TO ME AGAINST USA TRACK & FIELD, THE MICHIGAN ASSOCIATION OF THE USATF CALVIN COLLEGE, THE WEST SHORE ATHLETIC CLUB, NEW BALANCE, GAZELLE SPORTS, THEIR AGENTS AND REPRESENTATIVES, FOR ALL DAMAGES WHICH MAY BE SUSTAINED AND SUFFERED BY ME IN CONNECTION WITH THE ENTRY IN AND ARISING OUT OF MY TRAVEL TO, PARTICIPATION IN AND RETURN FROM THIS TRACK & FIELD MEET.

SIGNATURE OF ATHLETE

IF UNDER 18, PARENT'S SIGNATURE

DATE



**2004 New Balance USATF Michigan
Open and Masters
Outdoor Track & Field Championships**
(including a special High School division)



Calvin College, Grand Rapids
Saturday, June 19, 2004 at 12 p.m.



**INFORMATION: (616) 844-1768 or
WestShoreAC@yahoo.com**

- ✓ All athletes must be members of USA Track & Field to participate.
 - ✓ USATF Cards will be available at the meet on the day of the event starting at 10:30.
 - ✓ You can become a member of USATF in advance via the internet at: www.usatf.org/membership/application (if you get your card online, please bring the receipt issued by USATF)
 - ✓ You can also download a membership application and mail it in if you prefer.
- PLEASE MAKE SURE TO BRING IDENTIFICATION**

MEET NOTES:

Pyramid spikes only (1/4" or less)
Hurdle heights and implement weights according to the USATF and USATF Masters rules.
Most events will be contested older to younger, women first.
Age groups will be combined in some events if entries warrant.
Vault and High Jump will start at a low height and move upward with all groups combined. The bar will NOT be lowered after event begins.
In any event you miss your call, you forfeit that start or that attempt.
There will be two divisions for each event: 1) Michigan athletes; 2) Non-Michigan athletes.
Medals will be awarded in both divisions, but there will be mixed seeding of the two divisions.
High school athletes will run USATF distances, but may use High School approved throwing implements.

DIRECTIONS TO CALVIN COLLEGE:

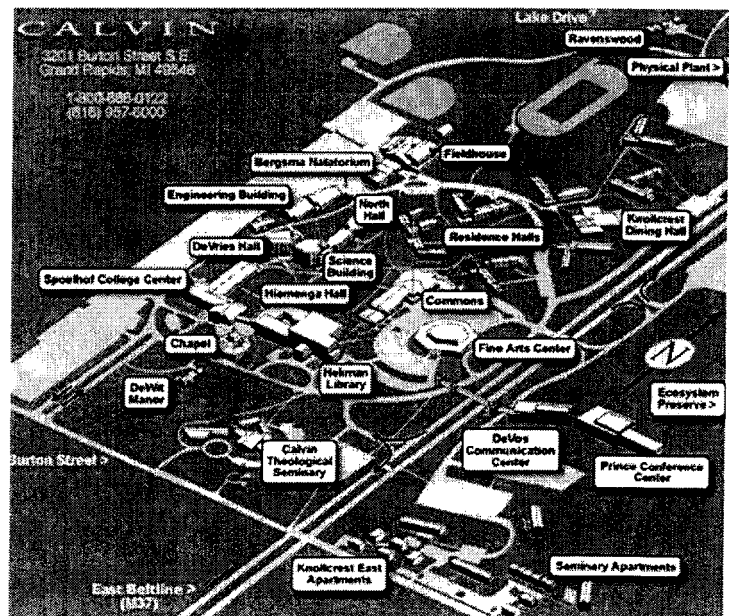
From Gerald R. Ford International Airport (~13 mi) 44th Street west out of the airport to Broadmoor Avenue. Turn right going north on Broadmoor about 3 miles (6 traffic lights) to Burton Street. Broadmoor turns into the East Beltline. Calvin is on the northwest corner of the East Beltline and Burton Street.

From Lansing (~63 mi) I-96 west to the 28th Street exit (Exit 43a) West on 28th Street about 3 miles to the East Beltline. Right on the East Beltline and go north about a mile to Burton Street. Calvin College is on the northwest corner of the East Beltline and Burton Street.

From Muskegon (~42 mi) I-96 east to the East Beltline exit (Exit 38). Right at the traffic light and go south on the East Beltline about 3 miles (4 traffic lights). The entrance to the campus is on the west side of the East Beltline, past Lake Drive (the fourth traffic light).

From Holland (~30 mi) I-196 east to the East Beltline exit (Exit 38). This exit is soon after I-196 merges onto I-96. At the top of the ramp take a right and go south on the East Beltline about 3 miles (4 traffic lights) The entrance to the campus is on the west side of the East Beltline, past Lake Drive (the fourth traffic light)

From Kalamazoo (~51 mi) US131 North to the Burton Street exit (Exit 82). Go east on Burton Street about 4 miles to just before the East Beltline (10 traffic lights from the Expressway). Calvin College entrance sign on your left.



33rd Annual
Ontario Masters
Outdoor Track & Field Championships
York University, Toronto

Saturday/Sunday, 19-20 June 2004

No qualifying standards for entry

Men and Women 5 Year Age Groups 30-34 to 90+

Awards; OMTFA Championship medals to the first three in each age group 30-34 to 90+

All competitors must beat a competitor or meet the posted OMTFA medal standards to be eligible for awards.

Results; Complete results will be posted on each day of the meet.
Medals will not be presented until the results are posted.

Facilities; 400m - 8 lane rubberized tartan track and jump approaches and Javelin runway.
Cement throwing circles.

Directions; South side of Steeles Ave., between Keele and Jane. York University Campus.
There may be a fee for parking.

Hosted by: **Ontario Masters Track and Field Association**
Americans and other visitors to Canada are welcome and eligible for medals.

Entry Deadline; Entries must be received by Wednesday, June 16th.

NO RACE DAY ENTRIES - No Email entries. Please do not send by courier/post requiring a signature.

Make cheque payable to the OMTFA. (Memberships payable to CMAA on a separate cheque please)

Mail to: Doug Smith 58 Newmarket Avenue, Toronto, Ont. M4C 1V9
416-699-5818 (10am-10pm) Inquiries to Doug Smith@

Absolutely no phone or EMail entries accepted

Accommodations:

Holiday Inn Express: 30 Norfinch Drive, North York, 416-665-3500
Travelodge, Toronto, North: 50 Norfinch Drive, North York, 416-663-9500

Journey's End:
Super 8 Motel:

66 Norfinch Drive, North York, 416-736-4700
3400 Steeles Ave., North York, 905-760-2120

Tentative Schedule of Events - Subject To Change

<u>Saturday, 19 June</u>		<u>Sunday 20 June</u>	
08:30	10,000m, Hammer Weight Throw (right after the Hammer)	08:30	5000m Racewalk - Shot Put
09:30	High Jump	09:30	300/400m Hurdles
10:30	<i>Don Farquharson Memorial Steeplechase</i>	10:00	5000m, Pole Vault
11:50	100m	11:00	Discus, Triple Jump
12:00	Javelin	11:30	200m
12:30	Lunch Break	12:00	800m
01:30	Sprint Hurdles, Long Jump (there will be awards for the winning relay teams)	12:30	4X200m Relay (No Fee)
02:00	1500m		
03:00	400m		
03:30	4 X 100m Relay (no fee)		

Notes: Athletes must declare their intent to compete at Registration at least 30min prior to their event.

Women's sections first, followed by Men's heats.

Older sections will precede younger sections.

All track events except the 100m and 200m are timed section finals.

Weights of implements and hurdle heights may not be to current WMA standards.

If a competitor has two conflicting events, they must inform the field judge that they will be competing in the track event.

The Jury Of Appeal will hold the final authority in any appeal or dispute.

When numbers justify, throws and jumps will take place in flights.

Photos from past meets at... [Doug's photos](#)

2004 Ontario Masters Outdoor Track & Field Championships
Entry form (please print)

Name _____ Age (June 19th) _____ M ___ F ___
Last First

Address _____ Birth (dd/mm/yr) _____

Phone _____

Citizenship _____ CMAA / USAT&F # _____

Email Address _____

Please indicate seed times

___ 100m _____ ___ 5000m Walk _____ ___ High Jump

___ 200m _____ ___ Sprint Hurdles _____ ___ Pole Vault

___ 400m _____ ___ Low Hurdles _____ ___ Javelin

___ 800m _____ ___ Steeplechase* _____ ___ Discus

*adjustable barriers

___ 1500m _____ ___ Shot Put

___ 5000m _____ ___ Long Jump _____ ___ Hammer

___ 10,000m _____ ___ Triple Jump _____ ___ Weight Throw

Entry Fees

First event @ \$15.00..... 1 X \$15.00 = \$15.00 (\$10 US)

Each additional event..... X \$10.00 = (\$8 US)

Non Member fee (non CMAA or USAT&F) add \$15.00 (\$10 US)

Cheque payable to the OMTFA No refunds. Total*

* \$10.00 fee if insufficient funds are mailed - payable at Registration.

In consideration of the acceptance of my entry to this OMTFA event, I hereby release and hold free the Meet Director, the Ontario Masters Track and Field Association, the City of Toronto, York University, all meet officials, and anyone appointed by them from all responsibility for loss or damage to me or anyone accompanying me, or any of our equipment.

Print Name _____ Signature _____ Date _____

EVENTOS SELECCIONADOS / EVENTS SELECTED FOR COMPETITION

EVENTO / EVENT	MARQUE CON X MARK WITH AN X	NOMBRE DEL EVENTO NAME OF THE EVENT	GRUPO DE EDAD (MUJERES) AGE GROUP (WOMEN)	GRUPO DE EDAD (HOMBRES) AGE GROUP (MALE)
1		100 Metros / 100 Meters	Todas las Edades/ All Ages	
2		200 Metros / 200 Meters		
3		400 Metros / 400 Meters		
4		800 Metros / 800 Meters		
5		1,500 Metros / 1,500 Meters Run		
6		5,000 Metros / 5,000 Meters		
7		2,000 Metros Obstáculos / 2,000 Meters Steeplechase	30+ años / years	60+ años / years
8		3,000 Metros Obstáculos / 3,000 Meters Steeplechase	—	30-59 años / years
9		80 Metros con Vallas / 80 Meters Hurdles	40-59 años / years	70+ años / years
10		100 Metros con Vallas / 100 Meters Hurdles	35-39 años / years	50+ años / years
11		110 Metros con Vallas / 110 Meters Hurdles	—	30-49 años / years
12		300 Metros con Vallas / 300 Meters Hurdles	50+ años / years	60+ años / years
13		400 Metros con Vallas / 400 Meters Hurdles	30-49 años / years	30-59 años / years
14		5,000 Metros Marcha / 5,000 Track Racewalk	Todas las Edades/ All Ages	
15		10,000 Metros Marcha / 10,000 Road Racewalk		
16		8K Campo Traviesa / 8K Cross Country		
17		1/2 Maraton / 1/2 Marathon		
18		Salto Alto / High Jump		
19		Salto Largo / Long Jump		
20		Triple Salto / Triple Jump		
21		Pertiga / Pole Vault		
22		Pesa / Shot Put		
23		Disco / Discus Throw		
24		Jabalina / Javelin Throw		
25		Martillo / Hammer Throw		
26		Pentalo / Pentathlon		
27		Pentalo De Fuerza / Weight Pentathlon		

Para verificar su selección, por favor escriba a continuación el nombre de cada prueba. / To verify the information, write the name of each event selected.

	PRUEBA EVENT	MEJOR MARCA BEST PERFORMANCE 2003-2004		PRUEBA EVENT	MEJOR MARCA BEST PERFORMANCE 2003-2004
1			6		
2			7		
3			8		
4			9		
5			10		

RENUNCIA DE RESPONSABILIDAD / DISCLAIMER

Relievo debe ser firmado para poder participar en el Campeonato. / Waiver must be signed in order to participate in the Championships.

Declaro que tengo buena salud y que estoy preparado para participar en el Campeonato. Relievo a la WMA, NCCWMA, Municipio de Dorado, Gobierno de Puerto Rico, Puerto Rico Masters Association, Inc, Comité Organizador del Campeonato Regional de Atletismo Master de 2004 y a todos los auspiciadores de este evento de toda responsabilidad por cualquier lesión, pérdida o daño a mi persona o mi propiedad que pueda ocurrir en el curso de (o en conexión con), el Campeonato Regional de Atletismo Master de 2004. I hereby declare that I am in good health and that I am properly conditioned to participate in the Championships. I absolutely relieve WMA, NCCWMA, Municipality of Dorado, Commonwealth of Puerto Rico, Puerto Rico Masters Association, Inc, Organizing Committee of the 2004 Regional Masters Athletics Championships and all sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with), the 2004 Regional Masters Athletics Championships.

Firma del Atleta / Athlete's Signature

Fecha / Date

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

23rd Annual North Coast Invitational Championships: May 16, 2004**Host: Over The Hill Track Club****W29&U 60 Meter Dash**

1	Hannum, Jackie	W17 Unattached	8.88
2	Erby, Brittainy	W13 Unattached	9.12
3	Gaines, Breanna	W10 Unattached	10.11
4	Neloms, Cidney	W9 Unattached	10.17
5	Johnson, Brianna	W9 Unattached	10.31
6	Neumore, Kendall	W9 Unattached	10.92
7	Gaines, Taylor	W8 Unattached	12.15
8	Jackson, Aryana	W7 Rebels	12.43
9	Meeker, Madison	W5 Unattached	12.98

M29&U 60 Meter Dash

1	Harrell, Anthony	M17 Unattached	7.47
2	Mathis, Dwayne	M25 Unattached	8.13
3	Coleman, Tyler	M11 Unattached	9.70
4	Walters, Kyle	M12 Othtc	9.81
5	Range, Devon	M10 Unattached	10.31
6	Coleman, Seab	M12 Unattached	10.75
7	Buffington, Andre	M11 Unattached	14.39
8	Jones, Keshun	M4 Unattached	14.77
9	Williams, Quentin	M4 Unattached	15.05

M30 60 Meter Dash

1	Maniccia, Larry	M31 Othtc	8.58
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M35 60 Meter Dash

1	Bunn, Steve	M39 Othtc	7.64
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M40 60 Meter Dash

1	Walters, Bob	M40 Othtc	7.53
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M45 60 Meter Dash

1	Brosius, Darwin	M47 Unattached	8.13
2	Finley, Lawrence	M45 Othtc	8.35

M60 60 Meter Dash

1	Butts, Tim	M61 Unattached	8.35
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M75 60 Meter Dash

1	Shaw, Dean	M76 Unattached	9.74
2	Poe, Everett	M75 Othtc	11.25

M80 60 Meter Dash

1	Means, John	M84 Othtc	10.57
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W29&U 100 Meter Dash

1	Erby, Brittainy	W13 Unattached	14.56
2	Johnson, Brianna	W9 Unattached	16.30
3	Neloms, Cidney	W9 Unattached	16.64
4	Gaines, Breanna	W10 Unattached	16.85
5	Gaines, Taylor	W8 Unattached	19.85
6	Jackson, Aryana	W7 Rebels	19.97
7	Meeker, Madison	W5 Unattached	22.19

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

M29&U 100 Meter Dash

1	Harrell, Anthony	M17 Unattached	11.87
2	Jones, Anthony	M17 Unattached	12.06
3	Timeto, Tony	M19 Unattached	12.67
4	Machado, Raamses	M16 Unattached	13.61
5	Coleman, Seab	M12 Unattached	15.26
6	Buffington, Andre	M11 Unattached	16.01
7	Range, Devon	M10 Unattached	23.02
8	Jones, Keshun	M4 Unattached	24.57

M35 100 Meter Dash

1	Mecker, Rod	M37 Unattached	12.57
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M40 100 Meter Dash

1	Johnson, Chip	M40 Othtc	13.33
2	Gamblin, Tony	M44 Unattached	14.03

M45 100 Meter Dash

1	Brosius, Darwin	M47 Unattached	13.06
2	Finley, Lawrence	M45 Othtc	13.08

M60 100 Meter Dash

1	Butts, Tim	M61 Unattached	13.41
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M75 100 Meter Dash

1	Shaw, Dean	M76 Unattached	15.42
2	Poe, Everett	M75 Othtc	18.62

M80 100 Meter Dash

1	Means, John	M84 Othtc	17.04
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W29&U 200 Meter Dash

1	Krabbe, Alicia	W27 Unattached	29.87
2	Erby, Brittainy	W13 Unattached	31.13
3	Gaines, Breanna	W10 Unattached	35.43
4	Neumore, Kendall	W9 Unattached	39.34
5	Jackson, Aryana	W7 Rebels	44.84

W35 200 Meter Dash

1	Carty, Linda	W37 Team Ohio	28.14
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M29&U 200 Meter Dash

1	Jones, Anthony	M17 Unattached	24.77
2	Mathis, Dwayne	M25 Unattached	27.06
3	Machado, Raamses	M16 Unattached	28.11
4	Range, Devon	M10 Unattached	35.99
5	Williams, Quentin	M4 Unattached	1:06.41

M35 200 Meter Dash

1	Mecker, Rod	M37 Unattached	27.66
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M40 200 Meter Dash

1	Johnson, Chip	M40 Othtc	25.88
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M45 200 Meter Dash

1	Hawkins, Walter	M49 Othtc	28.07
2	Brosius, Darwin	M47 Unattached	33.11

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio
Results - Entire Meet**M60 200 Meter Dash**

1 Butts, Tim	M61 Unattached	28.48
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M75 200 Meter Dash

1 Shaw, Dean	M76 Unattached	33.47
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M80 200 Meter Dash

1 Means, John	M84 Othtc	37.45
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W29&U 400 Meter Dash

1 Neloms, Cidney	W9 Unattached	1:32.19
2 Jackson, Aryana	W7 Rebels	1:41.61
3 Gaines, Breanna	W10 Unattached	2:52.78
--- Krabbe, Alicia	W27 Unattached	NT

M29&U 400 Meter Dash

1 Blackmon, John	M14 Unified-n-Flig	59.80
2 Timeto, Tony	M19 Unattached	1:03.43

M35 400 Meter Dash

1 Erby, Sam	M39 Othtc	1:05.60
2 Kleis, Chris	M35 Unattached	1:23.92
3 Meeker, Rod	M37 Unattached	1:45.42

M40 400 Meter Dash

1 Johnson, Chip	M40 Othtc	1:00.05
2 Pillin, Phillip	M42 Jock Stop	1:16.31

M45 400 Meter Dash

1 James, Ben	M47 Othtc	53.78
2 Hawkins, Walter	M49 Othtc	1:01.47

M50 400 Meter Dash

1 Glisic, Bernie	M52 Unattached	1:12.89
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M55 400 Meter Dash

1 Javor, Ken	M55 Unattached	1:04.24
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W29&U 800 Meter Run

1 Panescu, Prieria	W13 Unattached	3:15.02
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M29&U 800 Meter Run

1 Blackmon, John	M14 Unified-n-Flig	2:25.34
2 Hill, Charles	M13 Unattached	2:58.66
3 Range, Devon	M10 Unattached	3:04.85

M30 800 Meter Run

1 Tapp, Jerry	M31 Unattached	2:38.58
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M40 800 Meter Run

1 Pillin, Phillip	M42 Jock Stop	2:48.87
2 Boerio, Anthony	M43 Othtc	3:09.03

M45 800 Meter Run

1 Thomas, Bob	M48 Othtc	2:16.89
2 Woods, Charles	M47 Unattached	3:55.35

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

M50 800 Meter Run

1 Liscynesky, Roman M50 Unattached 2.42.48

M55 800 Meter Run

1 Gerson, Jeff M56 Othtc 3:29.25

M29&U 1500 Meter Run

1 Range, Devon M10 Unattached 6.31.39

2 Shaffer, Kyle M14 Unattached 6:36.53

M30 1500 Meter Run

1 Tapp, Jerry M31 Unattached 5.34 19

M45 1500 Meter Run

1 Thomas, Bob M48 Othtc 4 49.39

2 Woods, Charles M47 Unattached 6 41.99

M55 1500 Meter Run

1 Nehus, Harry M57 Unattached 4.54 68

M30 3000 Meter Run

1 Tapp, Jerry M31 Unattached 12:23.2h

M40 3000 Meter Run

1 Boerio, Anthony M43 Othtc 13.50.3h

M45 3000 Meter Run

1 Woods, Charles M47 Unattached 14 17.5h

M65 3000 Meter Run

1 Bixler, John M66 Unattached 13:04.2h

M29&U 3000 Meter Race Walk

1 Shaffer, Kyle M14 Unattached 21.59.20

W50 3000 Meter Race Walk

1 Prohaska, Joyce W53 Othtc 18.33.50

2 White, Libby W53 Unattached 19:21.90

W14-29 100 Meter Hurdles

1 Hannum, Jackie W17 Unattached 17 6h

M30 800 Sprint Medley

1 Othtc B 2.13.07

1) Johnson, Chip 40 2) Erby, Sam 39

3) Hawkins, Walter 49 4) Boerio, Anthony 43

M40 800 Sprint Medley

1 Othtc A 1:52.50

1) Walters, Bob 40 2) Wilson, Rodney 45

3) Finley, Lawrence 45 4) Thomas, Bob 48

(New Meet Record; Old Record - 1.56 79)

W30 High Jump

1 Taylor, Willetta W34 Unattached 4-04 00

M29&U High Jump

1 Timeto, Tony M19 Unattached 5-11.25

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

M40 High Jump

1 Timoch, James M40 Unattached 4-04.00

M70 High Jump

1 Wiedman, Chuck M71 Othtc 3-06 00

M75 High Jump

1 Roudebush, George M79 Unattached 3-06.00

W14-29 Pole Vault

1 Hannum, Jackie W17 Unattached 6-00.00

M29&U Pole Vault

1 Sparks, Ronondo M17 Unattached 9-06.00

M60 Pole Vault

1 Sloan, John M64 Othtc 6-00 00

M70 Pole Vault

1 Wiedman, Chuck M71 Othtc 7-00 00

M75 Pole Vault

1 Poe, Everett M75 Othtc 5-02.00

W29&U Long Jump

1 Hannum, Jackie W17 Unattached 13-03 00

2 Gaines, Breanna W10 Unattached 10-05.50

3 Neumore, Kendall W9 Unattached 7-10.50

4 Neloms, Cidney W9 Unattached 7-07.50

5 Panescu, Prieria W13 Unattached 7-05.50

6 Gaines, Taylor W8 Unattached 5-01.00

W30 Long Jump

1 Taylor, Willetta W34 Unattached 11-10 00

M29&U Long Jump

1 Hannum, Kevin M15 Unattached 16-01 00

2 Coleman, Seab M12 Unattached 11-06.50

3 Coleman, Tyler M11 Unattached 8-11 00

4 Buffington, Andre M11 Unattached 5-04.50

5 Jones, Keshun M4 Unattached 2-07 00

M40 Long Jump

1 Johnson, Chip M40 Othtc 17-06 50

2 Gamblin, Tony M44 Unattached 13-08.50

--- Timoch, James M40 Unattached ND

W29&U Shot Put

1 Hill, Amy W18 Unattached 37-11.00

2 Shaffer, Tori W16 Unattached 24-05.50

3 Panescu, Prieria W13 Unattached 24-00.50

4 Panescu, Julia W16 Unattached 22-06 00

5 Krabbe, Alicia W27 Unattached 22-02.00

6 Gaines, Taylor W8 Unattached 15-06.50

7 Neumore, Kendall W9 Unattached 12-05.00

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

W55 Shot Put

1 Hartzler, Mary W55 Unattached 34-07 00

W60 Shot Put

1 Szanto, Erika W60 Othtc 28-00 00

M29&U Shot Put

1 Machado, Raamses M16 Unattached 41-02.50
 2 Hannum, Kevin M15 Unattached 30-07.25
 3 Hill, Charles M13 Unattached 29-03.25
 4 Neumore, Tanner M12 Maple Leaf Tr 28-04.50
 5 Buffington, Andre M11 Unattached 21-08.50

M40 Shot Put

1 Timoch, James M40 Unattached 27-10.25

M60 Shot Put

1 Sloan, John M64 Othtc 30-05 00

M70 Shot Put

1 Wiedman, Chuck M71 Othtc 30-11 00
 2 Johnson, Clarence M73 Unattached 28-11 00

M75 Shot Put

1 Roudebush, George M79 Unattached 18-07.00

W29&U Discus Throw

1 Hill, Amy W18 Unattached 127-05.50
 2 Shaffer, Tori W16 Unattached 71-06

W55 Discus Throw

1 Hartzler, Mary W55 Unattached 92-06

W60 Discus Throw

1 Szanto, Erika W60 Othtc 73-08

M29&U Discus Throw

1 Hannum, Kevin M15 Unattached 128-03
 2 Machado, Raamses M16 Unattached 125-06
 3 Neumore, Tanner M12 Maple Leaf Tr 73-08.50
 4 Hill, Charles M13 Unattached 69-00

M40 Discus Throw

1 Boerio, Anthony M43 Othtc 65-02

M60 Discus Throw

1 Sloan, John M64 Othtc 101-08.50

M65 Discus Throw

1 Reitz, Robert M69 Unattached 99-06

M75 Discus Throw

1 Roudebush, George M79 Unattached 63-03.50

W14-29 Hammer Throw

1 Riehm, Ashley W18 Unattached 115-08

Lake Erie Association Outdoor Championships - 7/26/2003

USATF

Cleveland Heights HS, Cleveland Heights, Ohio

Results - Entire Meet

W55 Hammer Throw

1 Hartzler, Mary W55 Unattached 116-06.50

W60 Hammer Throw

1 Szanto, Erika W60 Othtc 80-08

M60 Hammer Throw

1 Sloan, John M64 Othtc 82-10

M70 Hammer Throw

1 Wiedman, Chuck M71 Othtc 79-08

W14-29 Javelin Throw

1 Hannum, Jackie W17 Unattached 97-09

2 Panescu, Julia W16 Unattached 66-08

W55 Javelin Throw

1 Hartzler, Mary W55 Unattached 85-04

W60 Javelin Throw

1 Szanto, Erika W60 Othtc 57-08

M29&U Javelin Throw

1 Boerio, Nick M17 Unified-n-Flig 158-00

2 Machado, Raamses M16 Unattached 105-08

3 Hannum, Kevin M15 Unattached 103-07

M40 Javelin Throw

1 Timoch, James M40 Unattached 88-06

(M40 Javelin Throw)

2 Boerio, Anthony M43 Othtc 66-00

M55 Javelin Throw

1 Gerson, Jeff M56 Othtc 70-00

M60 Javelin Throw

1 Sloan, John M64 Othtc 101-05

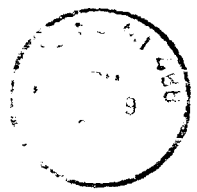
M70 Javelin Throw

1 Wiedman, Chuck M71 Othtc 66-11

M75 Javelin Throw

1 Roudebush, George M79 Unattached 51-10


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